



November/December 2016

Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

Nationally Accredited since 2005

15C North Granby Road Granby, CT 06035 ▪ (860) 844-5352

Accredited by 
National Institute of
Senior Centers



Thanksgiving Luncheon

Thursday, November 10th at Noon

Please come and join your friends at the center to celebrate Thanksgiving! The Granby Senior Center will be preparing a fabulous traditional homemade Thanksgiving meal. Please sign up early since this is one of our biggest events of the year. Cost \$6.

THE Notebook

Thursdays, November 3rd and 10th at 10:00AM

This series will help you organize all your important information in one place in the event you suffer sudden catastrophic illness or death. Losing a loved one is an emotional and difficult time which becomes more stressful when trying to deal with accessing accounts, finding titles or deeds, or even locating keys to a safety deposit box. This workshop will assist you in creating a notebook to hold information that will guide those left with all the instructions necessary to settle your affairs. Please register by calling 860-844-5352.

Fantastic Entertainment with Annual Holiday Dinner

Tuesday, December 13th at 5:00PM

Live entertainment starring Ashly Cruz with a delicious holiday dinner featuring beef bourguignon will make this year's holiday dinner one to remember! Food, friends and festivities! Cost \$6. Please call 860-844-5352 with your reservation by December 4th.



"I have seen Ashly Cruz perform....she has an amazing voice and presence about her that is both inviting and invigorating. If you have the opportunity to see her perform live, I highly recommend it."

Heather M....

Men's Breakfast

Please note! *November Men's Breakfast* will be held on the *first* Friday of the month—November 4th.

PLEASE!!
NOTE



Medicare Open Enrollment

Medicare Open Enrollment is currently available. We offer free CHOICES counseling services by appointment only. Please call 860-844-5352 to schedule.

Medicare 2017 Basics

Tuesday, November 8th at 1:00PM

Would you like to understand Medicare better? What are the differences between Original Medicare, Medicare Supplement, Medicare Advantage, HMO, POS, PPO, and PDP? What's new in 2017 for Part A, Part B, Part C, and Part D? What are your choices and when can you make changes? Come learn about these things and more presented by Chris O'Neil from AIM Insurance.

Information

Senior Center Staff

Sandra Yost, Director.....860-844-5351
Marisa DeLuca, Program Assistant... 860-844-5352
Sandra Flagg, Meal Preparer.....860-844-5350
Debra Morton, Meal Preparer.....860-844-5350
Cindy Girolamo, Van Driver..... 860-844-5353
Bob Lesko, Van Driver.....860-844-5353
Trish Tappenden, Admin. Assistant....860-844-5350
Hours.....Monday-Friday 8:30 AM to 4:00 PM
Email..... senior@granby-ct.gov
Website..... www.granby-ct.gov

Senior Center Membership & Van Fee

Annual membership is \$5 for Granby residents; \$10 out-of-town friends. Van service available to Granby seniors. Annual fee is \$10.

Mission Statement

The mission of the Granby Senior Center is to empower older adults to live full, independent lives by providing leadership on aging issues and enhancing the social, physical and educational well being for each participating individual.

Services

Durable Medical Equipment Loaner Closet

(Program funded in part by NCAAA, Inc.)

Donate and/or borrow gently used wheelchairs, walkers, canes, tub seats, etc. Created and staffed by the Civic Engagement Team, the Closet is accessed by appointment only. Call 860-844-5352.

CHOICES Counseling (Program funded by NCAAA, Inc.)

By appointment

Need help in understanding Medicare and its supplements? Our counselor will help you weigh the medical plan options to find the right plan for your needs.

Ongoing Center Activities

Mondays:

- Morning Coffee at 8:30 AM
- Mexican Train: a domino game at 9:45 AM

Tuesdays:

- Community Café at noon. Reservations required. *Suggested donation \$2.50*
- Coloring Class at 10:00 AM *Materials provided*
- Setback at 2:00 PM

Wednesdays:

- Artists' Group at 9:00 AM

Thursdays:

- Needle workers at 10:00 AM
- Community Café at noon. Reservations required. *Suggested donation \$2.50*

Fridays:

- Beading at 9:30 AM

Clubs & Gatherings

Mark your calendar and don't miss out on these great opportunities!

Camera Club

First Monday of the month at 7:00 PM
Annual membership is \$10

Civic Club

Third Thursday of the month at 1:00 PM

Civic Engagement Team

Second Thursday of the month at 9:30 AM

Senior Club

First Thursday of the month at 12:30 PM

Men's Breakfast *(see note on front page)

Second Friday of the month at 8:30 AM

Women's Breakfast

First Wednesday of the month at 8:30 AM

Commission on Aging

Second Monday of the month at 1:30 PM

What's Happening



Helping Hands Needed **Wednesday, November 16th** **9:30AM – 12:30PM**

Please join *Days for Girls Internationally* (www.daysforgirls.org) who will be sewing for women in need of sanitary products around the world. For this project to be a success the group is looking for both sewers and non-sewers to volunteer their help. Please help them make a positive difference for others in need. To learn more about volunteering please call Josie Klein at 860-653-5752 or email josiklein@sbcgobal.net

Line Dancing

NEW DAY! Monday 1:30PM – 2:30PM

Come join us for a fun class with Lorraine Brodsky. Doesn't matter if you have never tried it before or if you are an experienced dancer. Come out and dance! Drop in/ Free.

Granby Senior Poets

2nd and 4th Wednesday of the month 10:30AM

Fight the winter blues! Why not get creative? Express yourself! Join this lively group of word-smiths to put everyday thoughts into creative works. No experience or rhyming skills necessary. Drop in. Free.



Reverse Mortgage Workshop

Tuesday, November 15th
1:00PM – 3:00PM

The Granby Senior Center is offering this opportunity to our members. Reverse mortgages are available to qualified members 62 years of age or older. Reverse mortgages give you the opportunity to access in your equity from primary residence with no monthly payment. National studies have indicated that homeowners have 60% of their net worth in their home and a reverse mortgage gives you the ability to access it. This workshop is being presented by Michael Savenelli from Province Mortgage. Come out and educate yourselves on this hot topic and see if you can benefit from this product. Please register by calling 860-844-5350. Free



Lunch for the Mind

bought to you by the
Civic Engagement Education Team
(Program funded in part by NCAA, Inc.)

Climb Mt. Kilimanjaro: A New York City Women's Exciting Adventure

Wednesday, November 16th at 12:30 PM

Kristen Alibozek, Adventurer

Travel along on this life changing event. Cost \$5.

Bring your brown bag lunch to class (beverage & dessert provided) Please register by calling 860-844-5352.

Holiday Crystal Ornament Workshop

Friday, December 2 at 10:00AM

Just in time for the holidays! Let your creativity flow while making two crystal snowflake ornaments. No experience necessary! Cost \$16 for two ornaments. Ornaments make a great gift! Space is limited for this workshop. Call to register.

A Matter of Balance

Wednesdays October 26th, November 2nd, 9th and 16th from 10:00AM – 12:00PM

Have you turned down a chance to go out with friends or family because you were concerned about falling? People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater. In three weeks learn techniques to regain confidence and reduce the risk of falling with this nationally proven program. Cost \$10.

Greeting Card Stamping Class

Thursday, November 17th at 9:30AM

Come out and be creative! Make a card for somebody close to you for the holiday season. Please register by calling 860-844-5350. Cost \$5

Coloring Class

Tuesdays at 10:00AM

Coloring is not just for the young—it's for the young at heart! Free. Drop in. Materials provided!

Health and Wellness



Memory Screenings

Monday November 14th 1:00PM– 3:00PM

Do you have trouble remembering numbers in your head? Are the words you want to say on the tip of your tongue? Come and learn some memory strategies that will help you overcome these frustrations. Presented by *Kings Speech and Learning Center*. Please call 860-844-5352 to make an appointment. Free

Hearing Clinic

By Appointment only

Dr. Christine DiRienzo A.U.D and her team will be offering hearing testing, wax removal and hearing aide cleanings all FREE!

Foot Care Clinic with Pedi-Care

Tuesday, November 29th

Wednesday, December 21st

A specially trained nurse performs assessment of the feet and lower extremities, trimming, filing and cleaning of nails. Call 860-844-5352. *Cost is \$29. (not covered by insurance).*

FREE Blood Pressure Checks

Every Thursday 11:00AM - 12:30PM

Courtesy of the Farmington Valley Visiting Nurses Association. Held in the Senior Center Community Room.

Chair Massage with Bev Harris

First, third and fifth Tuesday of the month by appointment *15 minute massage is \$10.*

Reiki with Tannia Hotchkiss

Second & fourth Tuesday of the month

by appointment Reiki treatment is believed to aid in reducing stress and anxiety.

Half hour session is \$20.

Ask the Attorney with Kraner & Hess

First Wednesday of the month by appointment

Specializing in Elder Law. Please call for an appointment. 860-844-5352. Free.

On Grief and Loss

Second and fourth Wednesday at 2:30PM

Through discussion this group will help you in understanding an coping with grief. You will find support, information and strategies for helping you with the grieving process. Led by Jane Johnson, creator of *Bryan's Landing* and the *Our Children's Garden* in Salmon Brook Park.



Grandparents Raising Grandchildren

Thursdays at Noon

A group for grandparents who are raising their grandchildren. Join others, like yourself, to share friendships, ideas, and tips on being a parent again. Free. Program funded in part by NCAAA, Inc.

Healthy Minds

By Appointment only

Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with Colleen Golnik, Licensed Marriage and Family Therapist, may help you move forward with the better part of life. Call 860-844-5352 to schedule a confidential appointment. *Suggested donation: \$20 per session, free for those who qualify.* Program funded in part by NCAAA, Inc.



MS Support Group

Second & fourth Monday 1:00PM

Self help group for persons with Multiple Sclerosis and their caregivers.

Alzheimer's Support Group

Tuesday, November 8th & December 13th

As a caregiver, while in the support group, there will be a supervised activity for your loved one in the next room. Caring for a loved one diagnosed with Alzheimer's can be overwhelming. Learning to cope with the changes in their behavior and understanding how to handle it is sometimes best explained by those who are dealing with a similar situation.

Led by Peggy Coburn of the Alzheimer's Association.

If you missed The **"What If's" in Life** program: The series educated people on what resources are available to you and what you will need to prepare for if plan "A" doesn't happen. If you are interested in watching it, you can find it on the Granby Public Television site: <http://gctv16.org/viewshows/publicaccessshows/>

Fitness for All

Monday

Beginning Tai Chi at 9:00AM

One of the best exercises for balance and fall prevention, Tai Chi provides concentrated breathing, balance, postural alignment and meditation in a relaxed atmosphere. Instructor, Judy Laiuppa.

Yoga Flow at 10:15AM

This is a Vinyasa style yoga class where movement between poses coordinates with breath. Emphasis is given to finding a balance between flexibility and strength and exploring how with practice we can find increased fluidity of movement. Breath work is incorporated to find relaxation and stress release. Students move between standing and floor poses. Yoga experience is helpful but not required. Instructor, Mary Fuller.

Gentle Movement & Balance at 11:15AM

Designed to increase strength, balance, flexibility and coordination. Will focus on improving voice power and speech clarity and could help those with Parkinson's delay progression of their symptoms. Instructor, Paula Pirog.

Cardio & Strength at 4:30PM

Combination of aerobics and strength training to give you a total body workout. Instructor, Mary Fuller.

Tuesday

Chair Yoga at 2:30PM

Enhanced breathing, increased blood flow, reduced tension and better posture are achieved through the various yoga poses.

Great for those with limited mobility!

Instructor, Paula Pirog.

Yoga at 4:30PM

Thoughtful breathing and controlled postures. Instructor, Paula Pirog.

Wednesday

Tone-up Tune-up at 10:15AM

Move to the music of the 50's, 60's and 70's. A low impact cardiovascular workout with intervals of weight work for upper & lower body strengthening. Exercise your brain and body while learning simple movement patterns and laughing with friends. Does not go to the floor; core training performed seated or standing. Instructor, Mary Fuller.

Full Body Workout at 4:30PM

As the name implies this class is designed with a combination of aerobics and strength training and more muscle work with weights. Instructor, Gina Marecki.

Thursday

Pilates Fusion at 4:30PM

This high energy fusion workout focuses on core strengthening and total body sculpting. Set to popular music, this class uses light weights to strengthen and define the upper body while Pilates and ballet inspired exercises target the lower body and core. Form is emphasized with no prior experience needed. Instructor, Mary Fuller.

Friday

Advanced Tai Chi at 9:00AM

The name says it all. Those who wish to take Advanced Tai Chi should speak with Instructor Judy Laiuppa.

Cardio Combo at 10:15 AM

Quicker pace and more aerobics. Instructor, Mary Fuller.

Sunday

Peak at 7:30AM

For the weekend warrior! Vigorous aerobics and weights. Instructor, Jennifer Dzielak.

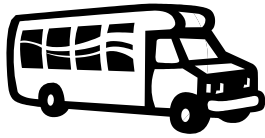
Cost: Cash or checks accepted. Drop-in rate for one class is \$8 for Granby residents & non-residents.

If paying for one 'session' of one class the cost per class is \$6 for Granby residents and \$7 for non-residents.

If purchasing multiple sessions for different classes there is an additional \$5 taken off total cost.

Exercise Class Guidelines: Choose the right class level. *We can help!* Bring water. Wear sneakers and comfortable clothing. Use an exercise mat for floor work.





Granby Senior Van Service

Call **860-844-5353** to schedule your appointments.

Schedule

The Senior Vans operate Monday through Friday from 9:00 AM - 4:00 PM. Out of town medical appointments may be made no earlier than 9:30 AM and no later than 2:00 PM.

Mondays and Thursdays

Granby Center errands (pharmacy, bank and post office) and grocery shopping trips

Tuesdays and Thursdays

Community Café at the Senior Center

Daily (with advanced reservations only)

Personal care appointments (doctor visits, etc.)

Transportation Action Program (TAP)

Volunteer drivers offer free medical appointment transport. Call **860-264-6131** to leave a message.

Shopping Trips (\$3 each trip)

Ocean State Job Lot & Big Y in Southwick

Tuesday, November 1st departs 1:30 PM

Thursday, November 17th departs 1:30PM

Thursday, December 15th departs 1:30PM

Enfield Mall / Kohl's & more

Friday, November 4th departs 9:30 AM

Friday, December 9th departs 9:30AM

Manchester Mall

Monday, December 12th departs 9:30AM

Taste of the Valley: Every 3rd Friday

November 18th—Copper House Tavern,
Somers, CT Departs 10:45AM

December 16th—Coach Stop,
East Hartland, CT Departs at 11:00AM

Social Services

*The focus of the **Social Services Department** is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. Call 860-844-5350.*



Fuel Assistance Programs

Community Renewal Team/ Connecticut Energy Assistance Program (CEAP). Each year, during the winter months, help is available to

Granby households to pay for heating fuel in the form of oil, gas, or electric heat. To qualify you must provide proof of the total income and assets for your entire household which must not exceed the income and asset limits for the program. Call the office for eligibility screening. Fuel deliveries start November 9th. Please bring all paperwork that applies to your household. Processing is delayed if necessary paperwork is missing.

Granby Emergency Fuel Bank. Call the office for additional information and eligibility screening. The Granby Emergency Fuel Bank is funded **solely** by donations and gifts from the community. If you wish to donate, please make the check payable to

the *Town of Granby Local Assistance Fund* with a notation that is intended for the Fuel Bank and mail to the Granby Social Services Dept., 15C North Granby Rd, Granby, CT 06035.

Holiday Programs

Individuals and families who meet income eligibility and need a little help with the holidays may contact the Social Services Department by **November 14** for **Thanksgiving** and by **December 8** for Christmas.

Did you know? Call 211 Infoline for community services. The *211 Infoline* service helps you find answers to life's toughest questions. Find information, resources, deal with a crisis or learn where to donate food, clothing, toys, furniture and books. "211" is free and confidential 24 hour a day help-line. The *211 Infoline* is a partnership of Connecticut United Way and the State of CT.

Important
Message

Excursions



PLEASE NOTE: Registration requires up-to-date membership and van dues.

Trip registration begins November 1st at 8:30AM. Unless noted, lunch is *not* included in trip cost.



The 1761 Old Mill Restaurant
Wednesday, November 2nd
departs at 8:30AM 

Come along for an Autumn drive through the Quabbin Region of Central Massachusetts. Lunch will be at the land mark 1761 Old

Mill Restaurant in Westminster. There will be limited walking but there will be some steps and uneven surfaces. Cost \$4

Norman Museum: Rockwell 
Wednesday, November 9th departs at 9:00AM

A follow-up to Lunch for the Mind's lecture on America's favorite artist, a trip to the Norman Rockwell Museum in Stockbridge is always a pleasure. There will be time for lunch in the Stockbridge area, on your own. Please wear good walking shoes, there will be moderate walking. Cost \$21

Clinton Crossing & Westbrook Outlets / Monday,
November 14th departs at 9:00AM 


Get some holiday shopping done or update your winter wardrobe. We will start at Clinton Crossing and then go on to Westbrook outlets. Lunch will be on your own at either location. There are plenty of choices for lunch at both locations. Please wear good walking shoes there will be a lot of walking. Cost \$4



The Quiet Corner 
Wednesday, November 16th departs at 9:30AM


A visit to the state's "Quiet Corner" to enjoy the scenic by-ways and lunch at the reliable Vanilla Bean Café in Pomfret. We will also check out Martha's Herbarry and other shops for some possible early Christmas shopping. Be prepared for some walking, steps and uneven surfaces. Sneakers a must. Cost \$4




Stageloft Repertory Theater
& Salem Cross Inn
Saturday, December 3rd
departs at 9:30AM 

What a way to start the Christmas holiday season! Firstly, a delicious Christmas Luncheon at Salem Cross Inn followed by a show at the Stageloft Repertory Theater to watch "Sorry! Wrong Chimney". Relax and let us do the driving while you enjoy a fine meal and show! This is an all inclusive luncheon and play. Cost \$44



Christmas by Candlelight
Old Sturbridge Village
Friday, December 9th 
Departs at 2:00PM

Back by request! Escape the frenzy of a modern Christmas with an enchanted evening of gingerbread, roasted chestnuts, music, dance, and a sleigh ride (weather permitting). Meet and chat with Santa Claus (bring your camera!). There is a café on the premises if you get hungry from all your walking. Cost \$23

Bethlehem Ride
Wednesday, December 14th
departs at 9:00AM 

Holiday ride to mail cards from Bethlehem, CT post office. We will stop at the Painted Pony for lunch. Cost \$4.




 **Sneaker Rating**

Recently, trips have been coded a 'sneaker' rating with either one, two or three sneakers depending on the ease or difficulty. Has the sneaker rating been helpful? Our goal is to give you a little guidance. Please let us know.

 = level ground, minimal walking

 = moderate difficulty

 = lots of walking

Center Life
Town of Granby
Senior Center
Granby, CT 06035



PRSRT STANDARD
U.S. POSTAGE PAID
Avon CT
PERMIT NO PI 476

Delivery by November 1, 2016



Amaryllis Sale!

Orders due November 15th

The Senior Club is again this year selling Amaryllis Bulbs for your holiday giving. The "Candy Floss" bulb presents luminous rose pink with darker pink striations and a green throat with dusty pink antlers with a 12" stem. You can place your order at the Senior Center, at the Women's Breakfast in November, or through any Senior Club or Commission on Aging member. Orders are due by November 15th and will be available for pick up at the Women's Breakfast on December 7th and the front office.

Jewelry Showcase

A big thank you is in order to the creative women of the Beading Group. These lovely ladies have handcrafted beautiful necklaces, bracelets, earrings and snowflake decorations in time for holiday shopping. Pieces are being displayed in the lobby showcase at the Senior Center. Jewelry is available for sale and very reasonably priced. All proceeds are donated back into the Senior Center.



The Senior Center will be closed on following holidays:

November 11th—Veteran's Day

November 24 & 25—Thanksgiving Recess

December 26—Holiday Break & January 2—New Year Break

